

1. (currently amended) ~~A shock absorber comprising:-~~

~~a first attachment point;~~

~~a contoured flat spring having a first end and a second end wherein said first end is  
attached to said first attachment point;~~

~~a support member having a first end and a second end wherein said first end is attached to  
said spring and said second end is attached to a second attachment point; and~~

~~a flexible first strap having a first end and a second end wherein said first end is  
connected to said spring first end and said second end is connected to said spring  
second end.~~

A shock absorber for dampening motion between a bicycle seat post and a bicycle seat  
comprising:

a flat spring formed into an arc shape, said spring having an upper spring end and a lower  
spring end located at opposite distal ends of said spring, wherein said lower spring  
end is configured for attachment to said seat post;

a longitudinally extending support member configured to support said seat comprising a  
first support end and a second support end located at opposite distal ends of said  
support member, wherein said first support end is attached to said upper spring  
end;

a first flexible strap having a first end attached to said upper spring end and said first  
flexible strap having a second end attached to said lower spring end; and

a second flexible strap having a first end attached to said lower spring end and said  
second flexible strap having a second end attached to said second support end,  
wherein said second flexible strap is oriented substantially perpendicular to said  
support member.

Claims 2 – 8 (canceled)

Please add the following new claims as indicated below:

9. (new) The shock absorber of Claim 1 wherein said a flat spring is made from composite materials.

10. (new) The shock absorber of Claim 9 wherein said composite material includes resin.

11. (new) The shock absorber of Claim 9 wherein said composite material includes a carbon tubular weave.

12. (new) The shock absorber of Claim 9 wherein said composite material includes fiberglass.